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**Wednesday**

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**BY POPULAR DEMAND**  
**Cee Lo Green gets ready** to drop his new album next month **25**

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**FRENCH FACE-OFF:**  
**Protests take a violent turn as lawmakers weigh reforming a near-sacred pension system 9**

LAURENT CPRIANI/AP





eye openers

EyeOpeners Classic: The Thief Who Arrests Himself

Police in Gallatin, Tenn., say the evidence that led them to a theft suspect was right behind him. Dustin Matthew Marshall tried on a pair of jeans at a Wal-Mart and left without paying. Employees found Marshall's old jeans in a dressing room, his wallet still in them. Police caught up with him Saturday after fled a restaurant without paying the bill. (AP)

EyeOpeners Classic: The Law Is Weird



A Buffalo, N.Y., restaurateur will be feeding pizza to the poor as punishment for cheating the state out of sales tax. Joseph Jacobbi could have been sent to prison after pleading guilty to third-degree grand larceny. But a judge thought the city would be better served if Jacobbi fed its neediest. He sentenced Jacobbi to deliver 12 pizzas to the City Mission once a week for a year. (AP)

EyeOpeners Classic: Pot Found in Unusual Places

Rocky Morrison thought he'd seen everything in his six years of pulling trash from the rivers of northeast Massachusetts. That was until Sunday, when he grabbed a plastic bag of marijuana floating in Lawrence's Shaw-shen River. Lawrence police Chief John Romero estimated that the bag's contents weighed 2 pounds had a street value of \$2,000. (AP)

The Big Picture



KAZUHIRO NOGI/AFP/GETTY IMAGES

**WHAT'S BETTER** than one baby animal? Two baby animals. What's better than two baby animals? Two baby animals interacting. Here, Miwa the monkey rides Uribo, a boar, at the Fukuchiyama City Zoo in Kyoto Prefecture, Japan, on Tuesday. Both have been sheltered by the zoo since June after losing their mothers. (AP)

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## In Brief

## LOS ANGELES

**Dad From 'Happy Days,' Tom Bosley, Dies at 83**

Bosley

Tom Bosley, whose long acting career was highlighted by his hugely popular role as the understanding father on television's nostalgic, top-rated 1970s comedy series "Happy Days," died Tuesday of heart failure. He was 83. (AP)

## MINNEAPOLIS

**Mom of U.S. Hiker Jailed In Iran Expects Nov. Trial**

The mother of one of two American hikers still jailed in Iran said Tuesday that she's been told they will stand trial in November. Shane Bauer's mother, Cindy Hickey, of Pine City, Minn., said a Tehran-based lawyer representing the hikers' families told them recently that her son and Josh Fattal would stand trial Nov. 6. (AP)

## RALEIGH, N.C.

**Mormon Parents Told They Can't Lead Scouts**

A Presbyterian church was happy to have Jeremy and Jodi Stokes as Cub Scout leaders, at least until officials there found out they are Mormons and told them they would have to step down because the church does not consider them real Christians. (AP)

# Military Told to Take Gay Troops

Pentagon: Recruits can enlist for first time in U.S. history

## San Diego

The military is accepting openly gay recruits for the first time in the nation's history, even as it tries in the courts to slow the movement to abolish its "don't ask, don't tell" policy.

Some gay activist groups were planning to send people to enlist at recruiting stations to test the Pentagon's Tuesday announcement.

Meanwhile, a federal judge in California who overturned the 17-year policy last week was likely to reject the government's latest effort to halt her order telling the military to stop enforcing the law. The Justice Department will likely appeal if she does not suspend her order.

The Defense Department has said it would comply with U.S. District Judge Virginia Phillips' order and had frozen any discharge cases. Pentagon spokeswoman Cynthia Smith said recruiters had been given



Jim Rinefield holds up a U.S. flag and a Human Rights Campaign flag during a March rally in support of repealing the "don't ask, don't tell" policy in Washington, D.C.

top-level guidance to accept applicants who say they are gay.

Recruiters also have been told to inform potential recruits that the moratorium on enforcement of the policy could be reversed at any time, if the ruling is appealed or the court grants a stay, she said.

While activists were going to enlist, gay rights groups were continuing to tell service members

to avoid revealing that they are gay, fearing they could find themselves in trouble should the law be reinstated.

An Air Force officer and co-founder of a gay service member support group called OutServe said financial considerations are playing a big role in gay service members' staying quiet. "The military has financially trapped us," he said,

## Backstory

The uncertain status of "don't ask, don't tell" has caused much confusion within an institution that has historically discriminated against gays. Before the 1993 law, the military banned gays entirely and declared them incompatible with military service. Twenty-nine nations—including Israel, Canada, Germany and Sweden—allow openly gay troops, according to the Log Cabin Republicans. (AP)

noting that he could owe the military about \$200,000 if he were to be dismissed.

The officer, who asked not to be identified for fear of being discharged, said he's hearing increasingly about heterosexual service members approaching gay colleagues and telling them they can come out now.

An opponent of the judge's ruling said confusion that has come up is exactly what Pentagon officials feared and shows the need for her to immediately freeze her order while the government appeals. (AP)



**Adios, Free Checking:** Say goodbye to free checking — at least at Bank of America, which will start charging for the most basic services, like \$8.75 just to talk to a teller. A slew of new laws enacted in the past year has cut dramatically into revenue at banks across the country, and they're trying to scrape together money any way they can. Some banks have already started charging for paper statements. (AP)

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Nation

JetBlue Attendant Pleads Guilty

Disgruntled worker to pay airline \$10K, undergo counseling

New York

The fed-up flight attendant who waved goodbye to his career in a spectacular exit down an emergency chute made a soft landing in court Tuesday.

Steven Slater, 38, avoided jail under a plea bargain that requires him to undergo counseling and substance-abuse treatment for at least a year. He must also pay \$10,000 in restitution to JetBlue.

Queens District Attorney Richard A. Brown said Slater wasn't just

15 Minutes of Fame



Steven Slater's departure made him a folk hero to put-upon workers everywhere who have fantasized about quitting in a blaze of glory. He was a topic on TV shows, on the Internet and on front pages, with many cheering him and others accusing him of childish and dangerously reckless behavior. (AP)

fed up with his job or angry at a passenger when he stormed off the plane. He said investigators believe Slater was drunk and suffering

mental problems, though the prosecutor wouldn't give specifics.

Slater spoke calmly as he pleaded guilty to criminal mischief and attempted criminal mischief. Afterward, a smiling, upbeat Slater said: "At the end of the day, I'm a grown-up, and I must take responsibility for my actions."

Slater, who has no criminal history, has said he cracked under pressure and admitted he pulled the emergency chute Aug. 9 on a flight from Pittsburgh after it landed. He went on the public-address system, swore at a passenger who he claimed treated him rudely, grabbed a beer and slid down onto the tarmac.

JetBlue had no comment on the plea. COLLEEN LONG (AP)

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# Nation

## Hormones Linked To Cancer Deaths

Study: Therapies raise risk of dying from breast cancer

### Health

Women who take estrogen and progestin after menopause not only increase their chances of getting breast cancer but also seem to face a small increased risk of dying from the disease, according to new results of a landmark federal study.

The study of more than 16,000 women produced the first powerful evidence that deaths from breast cancer were more common among hormone users, apparently because those who took the once-popular medication for more than five years

were more likely to receive a diagnosis of more advanced tumors.

Eight years ago, the federally funded Women's Health Initiative revealed that the hormone combination's benefits were outweighed by risks, causing hormone use to plummet. Still, many experts thought hormones primarily increased the chances of developing smaller, less-threatening tumors and hormone users would not be at greater risk of dying from cancer.

The new analysis of the Women's Health Initiative found that women who took the hormones were just as likely as those who did not to develop more difficult-to-treat tumors and were more commonly found with tumors that had begun to spread. (THE WASHINGTON POST)

## Protesters Rally Against Deportations



BRETO MATTHEWS/AP

**A COALITION OF LATINO WORKERS**, clergy and civic leaders march Tuesday over New York's Brooklyn Bridge to rally against the Department of Corrections' policy to "funnel" illegal immigrants into the Immigration and Customs Enforcement detention and deportation program.

### Hearsay

**"Where in the Constitution is the separation of church and state?"**

— DELAWARE REPUBLICAN SENATE NOMINEE CHRISTINE O'DONNELL, CHALLENGING RIVAL CHRIS COONS IN A DEBATE TUESDAY. HER QUESTION DREW GASPS FROM THE AUDIENCE, AND COONS ANSWERED, "THE FIRST AMENDMENT ESTABLISHES A SEPARATION."

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Jean A. Mercier, Buster Keaton, about 1928,  
National Portrait Gallery

## Hearing on Stormwater Fees

The District Department of the Environment (DDOE) is proposing changes to the District's stormwater fee. The proposed changes would revise the method for calculating fees for single-family residential properties. Currently, all single-family residences in the District are charged the same amount. The proposed changes would group single-family residences into "tiers" based on their amount of impervious area (hard surface). Under such a proposal, smaller single-family homes will pay lower stormwater fees than larger single-family homes. The proposal also adjusts the rate that is charged to each Equivalent Residential Unit, or billing unit. DDOE is inviting the public to a hearing to present its views and comments on this proposed change. The public hearing will be held at **6:00 p.m. Monday, October 25, 2010**, in the 5th Floor Conference Room 512 of the District Department of the Environment, 1200 First St., NE, Washington, D.C. A person wishing to testify should provide his or her name, address, telephone number, and the organization he or she represents, if any, in writing to the attention of Jeff Seltzer at the DDOE address above or via email at [jeffrey.seltzer@dc.gov](mailto:jeffrey.seltzer@dc.gov) by 4:00 p.m. on October 25, 2010. Written comments may also be submitted to the address or email above by October 25, 2010.

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## Healthy Volunteers 21 - 45 Years Old Needed!



The National Institute of Mental Health at the National Institutes of Health in Bethesda, MD is conducting an outpatient research study exploring the effects of hormones on mild stress.

The study requires 3 outpatient visits lasting 3 to 4 hours each. Volunteers will be interviewed and will complete a series of tasks in which physiological functioning will be recorded. Volunteers will receive either a hormone or saline, both given as a nasal spray, and then be exposed to stimuli that may cause mild anxiety.

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# Pakistan Tied to Mumbai Attacks

Convicted American assigns blame in the probe of '08 incident

New Delhi

An American convicted in the 2008 Mumbai attacks said Pakistan's main spy agency was deeply involved in planning that strike, monitoring the preparations and providing funding and advice to the attackers, according to an Indian government summary of his interrogation.

The report gives the strongest indication of the involvement of Pakistani authorities in the attack, which killed 166 people, paralyzed India's business capital and froze peace efforts between Pakistan and India.

Under questioning by Indian officials, David Headley painted a detailed picture of how intertwined Pakistan's Inter-Services Intelligence agency was with the Lashkar-e-Taiba group accused of carrying out the attack, according to the report.

Headley spoke to Indian inves-



Guards stand outside a courthouse on Monday in Mumbai, India, as the death sentence appeal continues for the sole surviving gunman from the 2008 attacks.

tigators in June about the planning of the 60-hour attack by 10 Pakistani militants of two hotels, a Jewish center and a train station.

Headley told Indian officials that the Pakistani spy agency provided individual handlers for all the top members of Lashkar and gave them direction and money to carry out reconnaissance.

"According to Headley, every

big action of LeT is done in close coordination with ISI," the report said, using a common abbreviation for Lashkar-e-Taiba.

A senior intelligence official in Pakistan said the allegations in the Indian report were baseless.

"These are allegations we've heard before," State Department spokesman Mark Toner said in Washington. "We believe the gov-

Backstory

David Headley, 50, from Chicago, was born Daood Gilani to a Pakistani father and an American mother. He spent most of his childhood in Pakistan. He joined Lashkar-e-Taiba in 2001. In March, he pleaded guilty in U.S. federal court to laying the groundwork for the 2008 Mumbai attack as well as preparing for an attack in Denmark. Under a deal with prosecutors in the U.S., Headley will not face execution if he continues to cooperate with their terrorism investigation. He could face up to life in prison and a \$3 million fine when he's sentenced. (AP)

ernment of Pakistan has pledged its cooperation in bringing the perpetrators of the Mumbai attacks to justice. And we fully expect that these pledges of cooperation are going to be carried out."

Over the weekend, U.S. officials said that two of Headley's wives had raised concerns with U.S. authorities about their husband's possible links to terrorism before the Mumbai attacks. (AP)

In Brief

LONDON

Cameron: Austerity Cuts To Reach British Military



Cameron

Britain will delay a program to upgrade its nuclear defenses, reduce the number of combat forces it can deploy and cut about 17,000 troops in the country's first overhaul of its military since 1998, Prime Minister David Cameron said Tuesday. (AP)

KABUL, AFGHANISTAN

1M Fraudulent Votes Will Be Tossed, Officials Say

Afghan election officials plan to throw out about 1 million ballots from last month's parliamentary election — eliminating about 23 percent of the votes due to fraud, a Western official said Tuesday. A fraud-marred presidential election last year nearly derailed international support for President Hamid Karzai. (AP)

BEIJING

China Ups Interest Rate

China raised its key interest rate Tuesday for the first time since the global crisis. The move is intended to control inflation and rapid growth. The rate hike reflected Beijing's focus on guiding growth to a more sustainable level rather than revving up the economy. (AP)



**Too Much Artistic Liberty?** A lifelike sculpture of former Israeli prime minister Ariel Sharon is stirring high emotions among Israelis as an art exhibit featuring Sharon in his hospital bed opens this week in Tel Aviv. Sharon, the tough army general turned politician who led Israel during the second Palestinian uprising and uprooted Israeli settlers from Gaza in 2005, suffered a stroke Jan. 4, 2006, that has left him comatose for nearly five years. (AP)

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# World



MUSA SADULAYEV/AP

Repairs begin on the Chechen parliament building after it was attacked on Tuesday.

## Chechen Rebels Strike Parliament

Six killed, 17 injured in suicide attack by Islamic militants

### Grozny, Russia

Islamic militants tried to blow up Chechnya's parliament on Tuesday, leaving six people dead and 17 injured in a brazen attack that defied the Kremlin-backed government's claims it had stabilized the volatile region.

In a challenge to Moscow, the raid occurred as Russia's interior minister was visiting the provincial capital of Grozny.

The three attackers drove to the parliament headquarters and managed to get in. One blew himself up at the doors and two ran inside shouting, "God is great!" in Arabic as they opened fire, said Chechen police spokesman Ramzan Bekkhoyev.

Chechnya's regional president,

### Backstory

**Islamic insurgents have spread** across provinces in Russia's predominantly Muslim North Caucasus region, where separatists seek an independent emirate that adheres to Sharia law. Last month, a car bomb killed 17 and wounded more than 140 in Vladikavkaz, a major city in the region. There have been numerous terror attacks by Chechen rebels since the 1991 Soviet collapse. (AP)

Ramzan Kadyrov, said the assailants were quickly killed. His office said Prime Minister Vladimir Putin and President Dmitry Medvedev called to offer assistance.

Kadyrov and Russia's interior minister, Rashid Nurgaliyev, attended a parliament session shortly after the raid.

"The situation we saw today is extremely rare," Nurgaliyev said. "Here, there is stability." (AP)

### Dead Sea Scrolls Go High-Tech

Israel's Antiquities Authority is partnering with Google to bring the Dead Sea Scrolls online. The project will grant free global access to the 2,000-year-old text — considered one of the greatest archaeological finds of the last century — by uploading searchable high-resolution images. The scrolls will initially be available in their original languages — Hebrew, Aramaic and Greek — and an English translation. (AP)



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World

China: Sanctions on Iran Upheld

Country is 'honest' in keeping nuclear ban, official says

Beijing

China has been sincere in its efforts to uphold nuclear sanctions against Iran, the Foreign Ministry said Tuesday, though a spokesman would not deny that some Chinese companies may be providing restricted technology to Tehran.

The comments came after The Washington Post reported that the U.S. has asked Beijing to do more to stop Chinese companies from assisting Iran's nuclear efforts.

Backstory

The Washington Post reported Tuesday that the U.S. asked Beijing to help prevent Chinese companies from providing assistance and expertise to Iran's efforts to develop nuclear weapons and more powerful missiles. A State Department official gave a "significant list" of such companies and banks to Chinese officials last month, The Post reported. (AP)

In Washington, State Department spokesman P.J. Crowley said the U.S. has told Beijing about its concerns about certain Chinese companies. China has said it would

investigate, he said.

Chinese Foreign Ministry spokesman Ma Zhaoxu said China believes all countries should implement U.N. resolutions against Iran in a "comprehensive, accurate and earnest" manner.

"China has always been honest in implementing and fulfilling our international obligations and has taken a positive part in this regard," Ma said.

In June, the U.N. imposed a fourth round of sanctions on Iran over its refusal to halt uranium enrichment.

Western countries are concerned the program masks Iranian ambitions for making nuclear weapons. (AP)



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# Cover Story

## Retirement Around The World

As the recession wears on, many countries are eyeing pension reforms to save money. In the U.S., the average retirement age is increasing to 67 from 66, and the average retiree gets a net 47 percent of his qualifying wage back, about \$39,400. Below is a look at a few average annual pension payouts and average returns on net qualifying income.

### In France

## \$38,900

Under President Nicolas Sarkozy's proposal, by 2018 a person would need to work 41.5 years to retire with a full pension at 62, and otherwise would have to wait until 67. The typical retiree gets a net 65 percent of his average net income back.

### In Greece

## \$28,900

The average earner receives 110.4 percent of her average net income (after taxes) back. The normal pension age for people is 65, but to be eligible at this age, a person must have contributed to the pension system for at least 15 years. If a person has contributed money for 37 years, she is free to retire with a pension regardless of whether she has reached 65.

### In Denmark

## \$55,700

The average earner gets 98.7 percent of his average net income (after taxes) back. People are eligible for their pensions at 65, but that age is poised to be raised gradually to 67 by 2027. Danes are eligible for a full pension after 40 years of residency. (BLOOMBERG/CHRISTIAN SCIENCE MONITOR)

BOB EDMER/AP



A demonstrator in Bordeaux, France, carries a sign that reads "Retirement at 60 and a place for young people," protesting France's plan to raise the retirement age to 62.

# Travails of Youth

## Ire over retirement reform in France grows as students join in

### Paris

Masked youths clad in black torched cars, smashed storefronts and threw up roadblocks Tuesday, clashing with riot police across France as protests over raising the retirement age to 62 took a radical turn.

Hundreds of flights were canceled and oil refinery workers continued to strike, sending drivers searching for gas as blockages emptied the pumps at nearly a third of the nation's gas stations.

A series of nationwide protests against the bill since early September have been largely peaceful. But Tuesday's clashes, notably just outside Paris and in the southeastern city of Lyon, revived memories of student unrest in 2006 that forced the government to abandon another highly unpopular labor bill. Still, President Nicolas Sarkozy



GETTY IMAGES

### Backstory

In the spring of 2006, troublemakers latched onto the coattails of student demonstrators, and protests across France turned violent. Thousands of people staged repeated protests and clashed with police over highly unpopular legislation that would have made it easier for employers to hire and fire young people. Given the public backlash, the French government was forced to abandon the law. (AP)

was unbending Tuesday, vowing to guarantee public order in the face of "troublemakers." The government announced a plan to pool gasoline stocks so that dry stations can be filled.

"No one has the right to take hostage an entire country, its economy and its jobs," Prime Minister Francois Fillon said.

A new test could come as early as Thursday, when students plan a day of mobilization with a demonstration in Paris hours before the Senate is to vote on the retirement measure.

French unions have a long tradition of street protests, but the current strife is particularly worrisome because it has touched the vital energy sector and is drawing often volatile youth into the mix.

The protesters are trying to stop lawmakers from approving a measure that would raise the retirement

age to prevent the pension system from going bankrupt.

Unions claim the move would erode France's near-sacred tradition of generous social benefits — including long vacations, contracts that make it hard for employers to lay off workers and a state-subsidized health care system — in favor of "American-style capitalism."

About 1.1 million people joined 260 protest marches across France on Tuesday, according to the Interior Ministry, though trade unions put the figure at three times that.

Sarkozy has long touted his plan to increase the retirement age ahead of 2012 presidential elections, and the measure is expected to pass easily in the Senate.

But victory could come at a high cost: The unpopular measure is widely seen as feeding Sarkozy's dismal approval ratings.

JENNY BARCHFIELD (AP)



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# Police: Shots Fired at Pentagon

No injuries reported; high-powered rifle may be the source

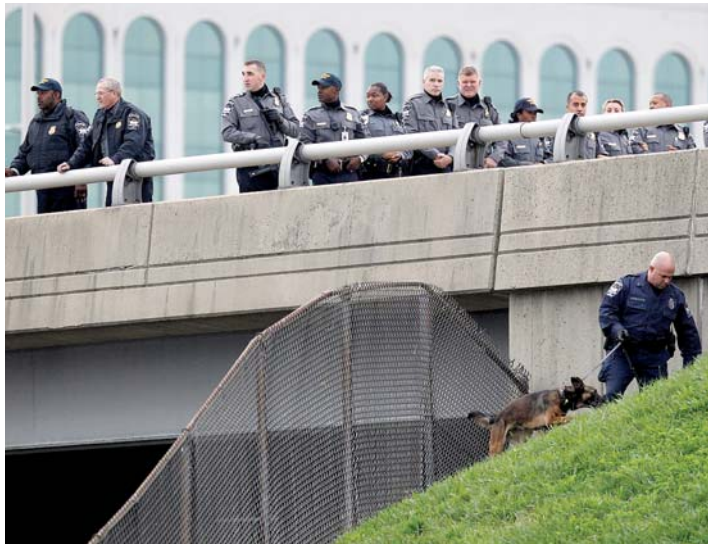
## Arlington

Authorities searched Tuesday for whoever fired shots at the Pentagon in the early morning, possibly using a high-powered rifle. No one was injured.

The shots were fired shortly before 5 a.m., shattering, but not penetrating, windows on the third and fourth floors, officials said. They also said the walls of the building may have been struck.

"Right now, we are considering this a random event," said Pentagon Force Protection Agency Director Steven E. Calvery. "We can only process what we have."

Federal and local authorities spent the morning searching for evidence, closing the adjacent Interstate 395 for a brief time and comb-



Officers search for evidence Tuesday along Interstate 395, adjacent to the Pentagon.

ing through grassy areas. The FBI also was examining bullet fragments lodged in the windows.

Officials said they think a high-velocity rifle was used, but they were not certain. Two windows were hit, but officials do not

know precisely how many shots were fired.

The Joint Terrorism Task Force is taking the lead in the investigation, authorities said.

The incident came just over seven months after a gunman

opened fire at a Pentagon entrance. Officers Jeffery Amos, 46, and Marvin L. Carraway Jr., 44, suffered minor injuries in the March 4 shootout. The gunman, John Patrick Bedell, 36, who family members said suffered from mental problems, was killed.

Officials said officers in the south parking lot Tuesday heard the shots just before 5 a.m. and reported them to headquarters. The Pentagon was locked down, and entrances were closed as authorities swept the area. The entrances were reopened about 5:40 a.m. "We did take prompt action in immediately closing down the reservation," Calvery said. He said no threats or intelligence pointed to the incident.

No one was inside the offices where windows were struck, officials said. They said those spaces are being renovated.

CHRISTY GOODMAN AND MARIA GLOD  
(THE WASHINGTON POST)

## DC9 Nightclub Liquor License Is Suspended

### Washington

The board that oversees liquor licenses in the District of Columbia has suspended the license of the DC9 nightclub, a move that comes after four people affiliated with the club were charged in the beating death of a man.

D.C.'s Alcoholic Beverage Control Board suspended the club's license Tuesday. The nightclub has three days to request a hearing on the suspension, and the board has two days to hold a hearing after the request is made.

All events at the club through Nov. 1 have already been moved or canceled.

The decision comes after four club employees and the club's co-owner were charged over the weekend with aggravated assault in the death of Ali Ahmed Mohammed, 27, of Silver Spring. (AP)

## DC Rider

### Today's Question

Do you agree with Fairfax's decision to ban smoking at bus shelters?

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#### District

Mid-day Lucky Numbers	5-1-2
Evening Lucky Numbers (Mon.)	5-5-5
Mid-day DC 4	8-1-2-7
Evening DC 4 (Mon.)	9-5-8-6
Mid-day D.C. Five	2-2-9-9-9
Evening D.C. Five (Mon.)	6-8-4-6-6
Daily 6 (Mon.)	5-8-16-17-29-32 (1)

#### Virginia

Mid-day Pick 3	7-0-6
Evening Pick 3 (Mon.)	6-8-8
Mid-day Pick 4	7-0-2-7
Evening Pick 4 (Mon.)	2-1-7-3
Mid-day Cash 5 (Tues.)	8-16-21-31-34
Evening Cash 5 (Mon.)	3-7-14-17-27

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

#### Maryland

Mid-day Pick 3	5-2-1
Evening Pick 3 (Mon.)	8-7-5
Mid-day Pick 4	1-0-0-3
Evening Pick 4 (Mon.)	8-4-2-26
Match 5 (Mon.)	2-25-30-34-37 (14)

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# No Deal for Redskins

Haynesworth is still on team after trade deadline. Now what?

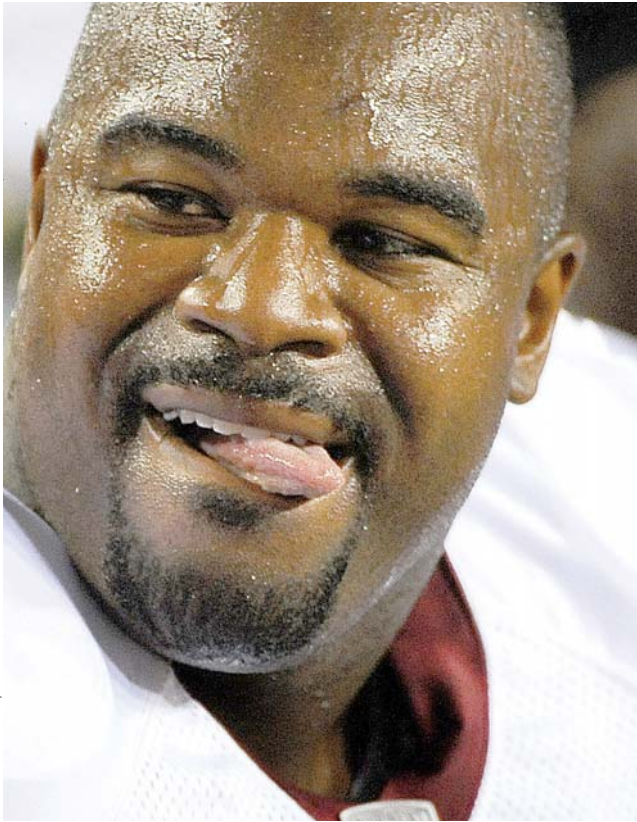
### The Redskins

If Albert Haynesworth leaves the Redskins, it won't be via trade. The NFL's trade deadline passed at 4 p.m. on Tuesday afternoon and there was no movement on the Haynesworth front. That means he'll remain a Redskin and will finish out the season in Washington unless the team opts to release him.

The Redskins have been willing to trade Haynesworth since the off-season, multiple league sources have said, but no teams were willing to meet coach Mike Shanahan's asking price — believed to be a second-round draft pick. So what now?

Haynesworth has played in three of the team's six games thus far. He's still not starting and still doesn't seem to have a clearly defined role. Shanahan said he didn't feel Haynesworth was mentally or physically ready to play last Sunday against Indianapolis, following the death of the defensive lineman's younger brother.

Shanahan hopes a full week of practice will better prepare Haynesworth for this weekend's trip to Chicago. "He's getting some conditioning in and getting back into the flow of things," Shanahan said on Monday. "So, hopefully, once we



JONATHAN NEWTON/TWP

start practicing on Saturday [if] he's feeling pretty good and his mindset is ready to go, he's had a few days of conditioning and he'll be ready to go this week."

But even if he is ready, it's unclear what Haynesworth's precise role will be. The last time Haynesworth set foot on the field was Oct. 3 at Philadelphia. Shanahan said that was Haynesworth's best performance of the season, adding that if he continued to play

that way, he'd likely see increased playing time.

Coaches will meet with players on Wednesday morning to install a game plan for the Bears. The team's defensive line hasn't been particularly strong this season, and they could use a player of Haynesworth's skill level. Coaches just need to figure out how to fit him in the scheme. Perhaps the easiest and quickest solution would be to give him more reps in the nickel

and dime packages. By NFL standards, the Bears have small offensive guards, and Haynesworth usually dominates small guards.

In discussing Haynesworth, Shanahan has repeatedly said that he wants to play his players. With the trade deadline past and much of the speculation gone for now, the question around Redskins Park becomes: Is Haynesworth good enough to help this defense?

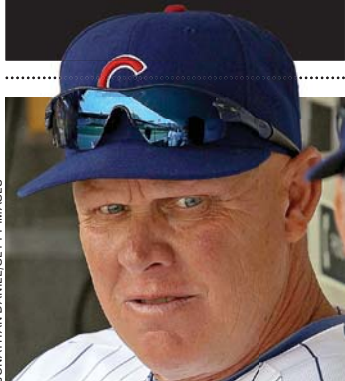
JASON REID (THE WASHINGTON POST)

### No Guarantees

## \$25.6M

The Redskins' Albert Haynesworth currently has a salary number of \$25.6 million. The number consists of his \$3.6 million salary, \$1 million signing bonus proration (the signing bonus he received in February 2009), and his \$21 million signing bonus from March that, due to creative contract restructuring on the part of the Redskins, did not prorate. But because Haynesworth skipped minicamp this offseason, he voided not only the \$3.6 million guarantee of his 2010 salary, but also the guarantee of his 2011 \$5.4 million salary. Therefore, the club bears no responsibility for guaranteed money to Haynesworth. In the remainder of this season and into the 2011 and 2012 seasons, Haynesworth is due \$14.9 million between salary (\$14.4 million) and a workout bonus (\$500,000), again, none of which is guaranteed. (TWP)

### In Brief



Mike Quade led the Cubs to a 24-13 record as interim manager this season.

### PRO BASEBALL

#### Cubs Stick With Quade

The Chicago Cubs will keep Mike Quade as their manager, choosing to go with the man who ran the team well for the last six weeks of last season rather than a higher-profile name such as franchise icon Ryne Sandberg. Quade, the team's third base coach the past four years, was given a two-year contract Tuesday along with a club option for 2013. (AP)

### PRO FOOTBALL

#### Big Hits Draw NFL Fines

The NFL will begin suspending players for dangerous and flagrant hits, starting with this week's games, and in the meantime fined three players Tuesday for Sunday's action. The Pittsburgh Steelers' James Harrison was docked \$75,000, and the New England Patriots' Brandon Meriweather and the Atlanta Falcons' Dunta Robinson will lose \$50,000 each. (AP)

### Hearsay

**"It took me years to figure out what he was saying was to step forward and fess up and take responsibility."**



— PETE ROSE, WHO SAYS HE NOW UNDERSTANDS WHAT COMMISSIONER BART GIAMATTI WANTED WHEN SUSPENDING ROSE FOR BETTING.

### Timeline: The Haynesworth Saga

FEB. 2009

JAN. 2010

APRIL 2010

JUNE 2010

AUG. 2010

OCT. 2010

Ex-Tennessee Titan Albert Haynesworth signs a seven-year, \$100 million deal with the Redskins on the first day of free agency.



Mike Shanahan is named the new Redskins coach and hires Jim Haslett to lead the team's new 3-4 defense — a change in scheme that draws the ire of Haynesworth.

After failing to trade the lineman, the Redskins pay Haynesworth a record \$21 million bonus as stipulated under the contract he signed in 2009. The team also failed to get a deal it liked during the April draft.

Haynesworth skips the Redskins' mandatory only minicamp and reportedly asks for a trade, adding to the off-season drama.

Still on Washington's roster, Haynesworth reports to training camp. But he isn't allowed to practice for a week after failing a mandatory condition test multiple times.

After missing more than a week of practice after the death of his half brother, Haynesworth is left off the active roster in the game against the Colts, who gained 420 yards against the Redskins' defense.



# Sooners Wary of No. 1

Oklahoma doesn't want top BCS spot this early in season

## College Football

When the BCS standings made their season debut, Oklahoma occupied the top spot. That's right where linebacker Travis Lewis didn't want the Sooners to be.

"Not that I don't think we're one of the best in the country, I don't think we deserved it yet," said Lewis, a defensive captain. "I think we've played two good games, and then the rest have been inconsistent. Put someone deserving of it up there."

Oklahoma (6-0, 2-0 Big 12), ranked No. 3 in The Associated Press poll, ended up in the top spot — and the driver's seat for a spot in

## Back on Top



### Bob Stoops'

Sooners have started out as the top team in the BCS three times, but made it to the national championship game in only one of those seasons and never won it. Two other times, Oklahoma started out behind and made it to the national title game — winning it all after the 2000 season and losing to Florida two seasons ago. (AP)

the national championship game — on Sunday after Ohio State and Nebraska each lost.

The Sooners are ahead of Oregon, Boise State, Auburn and TCU in the BCS standings heading into another chance to prove themselves

worthy Saturday night at No. 18 Missouri (6-0, 2-0).

"What's it matter? I don't remember anybody talking about a goal that Oct. 15 we want to be No. 1 in the BCS," coach Bob Stoops said Tuesday. "That doesn't matter at all. All that matters is Missouri."

Historically, the first team to hold the BCS lead hasn't been able to sustain it. Only two of the 12 teams to debut at No. 1 in the standings have gone on to win the national title, and it's just 50-50 whether that team even plays for the championship.

"We're still 80th or 90th in the country in defense, and we've got a lot to work on," Lewis said, placing the Sooners a little lower than their rank at 71st in yards allowed. "Just don't mention it, don't think about it, don't make it an issue."

JEFF LATZKE (AP)

## HEISMAN HOPEFULS | COLLEGE FOOTBALL



(1) Auburn QB **Cameron Newton** introduced himself to most of the nation over the weekend with four TDs in a blowout over Arkansas. The 6-foot-6, 250-pound signal-caller has 13 TDs this season. (2) **Kellen Moore** may be getting hurt by his team's success — the Boise State QB is rarely in games late now, and his stats have suffered. (3) Oregon's **LaMichael James** is the best running back in the nation, but the Ducks' off-week didn't help his cause. (4) **Justin Blackmon** has had at least 125 receiving yards in every game for Oklahoma State this year. (EXPRESS)

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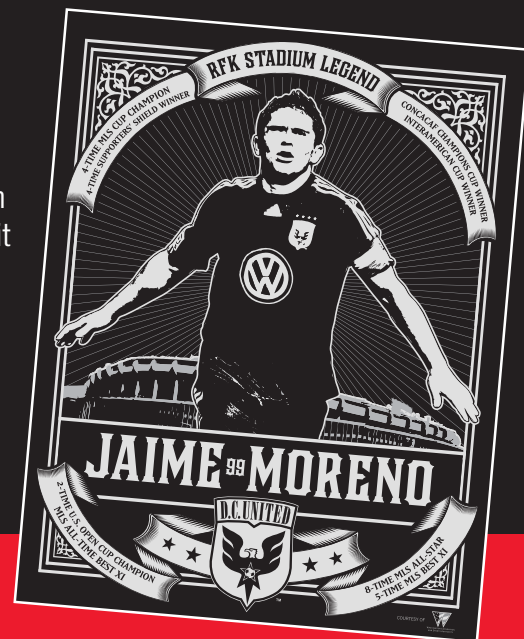
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# Sports

## Rizzo Gets Extension, Promotion

Nationals give GM complete control to shape team's roster

### The Nationals

The Nationals signed General Manager Mike Rizzo to a contract extension through 2015 and promoted him by adding to his title executive vice president of baseball operations, giving Rizzo more influence over the franchise's baseball operations than any one man has possessed since baseball returned to Washington.

With the extension and promotion of Rizzo, the Lerner family placed the team solely in Rizzo's hands. No longer operating under

### Backstory



**Tuesday's announcement** completes Mike Rizzo's journey from area scout to unquestioned leader of a franchise. Rizzo came to the Nationals in 2006 as their director of scouting. In 2009, he replaced former GM Jim Bowden on an interim basis, salvaging a team in disarray after the scandal in the Dominican Republic that cost Bowden his job. (TWP)

departed team president Stan Kasten's oversight, Rizzo will continue to shape the Nationals' player development system and on-field

product with even more autonomy than he previously had.

"It's a huge opportunity, and it's a huge responsibility," Rizzo said Tuesday. "For a guy who loves baseball and has loved it his whole life, this is a dream opportunity for me, to kind of hone in on a franchise and build it the way I see fit. I'm very humbled by it. I'm very honored by it."

Rizzo will work and communicate directly with ownership while undertaking the baseball-related duties Kasten left behind. Previously, Kasten had served as something of a liaison between the baseball operations staff headed by Rizzo and ownership.

"That bridge to the ownership will be gone," Rizzo said.

ADAM KILGORE (THE WASHINGTON POST)



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**Tuesday, October 19<sup>th</sup> • 10 am - 2 pm**

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**Thursday, October 21<sup>st</sup> • 12 pm - 3 pm**

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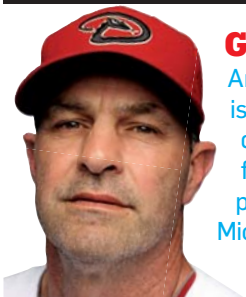
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### Going, Going, Gone

Arizona Diamondbacks manager Kirk Gibson is going to auction off the bat he used to hit his dramatic 1988 World Series home run. The former Los Angeles Dodgers slugger said proceeds will go to his foundation to support Michigan State athletics and help fund partial scholarships at the two high schools where his parents taught. (AP)

### TV Lineup

**BASEBALL (4 P.M., TBS; 8 P.M., FOX)** CC Sabathia will start for the Yankees in Game 5 of the ALCS against the Rangers, followed by Game 4 of the Phillies-Giants NLCS.



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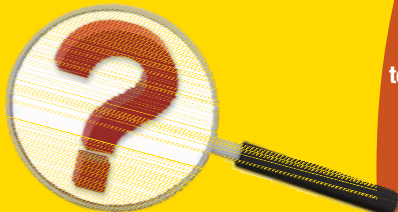
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3900 16th Street NW  
Washington DC

**1 BR avail. fr. \$1300**  
**Effs. avail. soon fr. \$1025**

**All UTILITIES INCLUDED!!!!**  
All units include central air and heat!

- Awesome 16th Street location!
  - Walk to Columbia Heights Metro Station
  - Metro bus stop next to building.
  - Beautiful parquet hardwood floors, huge picture windows, cathedral ceilings.
  - 24 hour controlled access
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**SPECIAL LEASING RATES**  
EFF \$650 w/ \$150 OFF 1<sup>ST</sup> MONTH'S RENT

**1 Bedrooms Starting At \$695**  
**2 Bedrooms Starting At \$825**  
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Move in by October 29, 2010 receive half off first months rent; must bring copy of ad to receive discount. Income restrictions apply. Inquire within for details.

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**1 MONTH FREE RENT!**

**Renovated**  
**2BR \$975**

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Special On Security Deposit  
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**Newly Renovated**  
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**FREE**

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SE- 1550 27th ST SE- Large 1+ 2 BR apt, \$725-  
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OPEN: 9-5 MON-FRI • 10-2 SAT

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- Great Location In A Park-Like Setting
- Laundry Facility On Property

Bring this ad in for no application fee  
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**\$0 Application Fee • Reduced Rents**  
**FREE GAS & HEAT**

**1 BR: \$729 • 2 BR: \$877**

- ✓ w/w carpet
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**1 & 2BRs Starting at \$785**

**32' inch Flat Screen TV Giveaway!!!\***  
**FREE BASIC CABLE**  
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SE DC- 2 BR Apts. W/D, Central Air, Fully Renovated, Sec 8 ok, For info call Tommy \$1450/month 202-744-9872

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Shows Beautifully w/ Screened-In Back Porch  
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1/2 OFF APPLICATION FEE

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- Starting From \$750
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**Holidays Are Coming Early**  
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- ALL UTILITIES INCLUDED
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Edgewood

Restrictions Apply  
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**1 BR Special \$749\***  
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FREE, APP FEE WITH AD, FREE HEAT, GAS, WATER  
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Presents!!

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1,2,3 Bedroom Apartment Homes starting at \$875. Move in by October 31, 2010 and receive \$2500 in savings. Visit us on October 23, 2010 during our Open House and receive additional savings up to \$1180.00 Mention this ad and pay NO APPLICATION FEE.

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Oct. 29-4-8PM

\$0 Application Fee  
Utilities Included • Verizon FIOS Ready  
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Swimming Pool • Walking Distance to Metro

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Apartment Homes

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**marlboroughhouse.net**  
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2 brms \$1015 3brms w/2 full baths Only \$1299  
Includes W/W crpt, CAC, D/W, balc.  
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\$2300/mo includes util, 1 year lease, N/S/N/P  
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Renovated kitchens  
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GREAT location!

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RENTS STARTING AT **\$940**

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Lovely Setting  
Nr. the New ARTS DISTRICT  
Close to Shopping & Metro

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Homes from the \$800s.  
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on residential street  
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Hyattsville  
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SAVE up to 2 months FREE\*



- BRAND NEW
- at Twinbrook Metro
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- ASK ABOUT OUR RENOVATED UNITS
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2 blocks to Twinbrook Metro

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\*Near shopping, hospital & schools  
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\*Adjacent to 295, 395 & the Capital Beltway

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Short Term Leases Available

*Enjoy our park setting, adjacent tennis courts and rec. center.*

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OXON HILL

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- State-of-the-art fitness center
- Free Gas & Water
- Free 6 week summer camp

**CALL ABOUT FANTASTIC SPECIALS**

- FREE UTILITIES
- Swimming pool
- Free 6 week summer camp
- Private balconies/patios
- Minutes to Metro, DC, Virginia, and 495

**GREAT LOCATION! SMART CHOICE!**

- Gated Community
- Swimming Pool
- FREE Gas & Water
- Free 6 week summer camp
- B/W Parkway, Metro, 495
- New Walmart Across the Street
- Eat-In Kitchens & Large Closets

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- Wall to Wall carpet
- Dishwasher
- Private balconies/patios
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RIVERDALE

RIVERDALE

RIVERDALE

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- Private Balconies/Patios
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- Cathedral ceiling
- \*select units
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- HUGE 2 BR TOWNHOMES

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- Walk to Elementary School
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# lookout

**Career Remedy?**  
Mel Gibson scores  
a cameo in the sequel  
to 'The Hangover' **35**



## Geek Philosophy

### Air-Heads, Rejoice

**Apple has scheduled** a "Back to the Mac" media event for today (Oct. 20), setting the interwebs ablaze for the past week with speculation that Team Steve will unveil new nanobots that can clean up the Gulf oil spill along with its plan to put a colony on Mars before the apocalypse of 2012.

OK, not quite. People actually are only expecting a new version of the MacBook Air and an updated version of the Mac OS X operating system. Forgive me for hoping for a bit more, given the way the tech blogosphere goes to DEFCON1 whenever Apple makes an announcement.

Seriously, folks: Isn't it time to just enjoy our iPads and dial down the expectations a bit?

Anyway, the rumors have it that the new MacBook Air will have an 11-inch screen rather than the current model's 13-inch display. It also is expected to be built around a flash storage model rather than the traditional hard drive, which could make it run faster (aided by "instant on") and lower the price. All in all, it looks like a small bite for Apple — but one that many techies still seem eager to chew.

**\$4.3B**

**\$1.8B**

Apple's fiscal **third-** and **fourth-** quarter profits, which the company announced Monday.

@ Comments? Give Kenneth your feedback: [expressnightout.com/geek](http://expressnightout.com/geek)

Demand for Cee Lo's newest single leads to an early release for his 'Lady Killer' disc

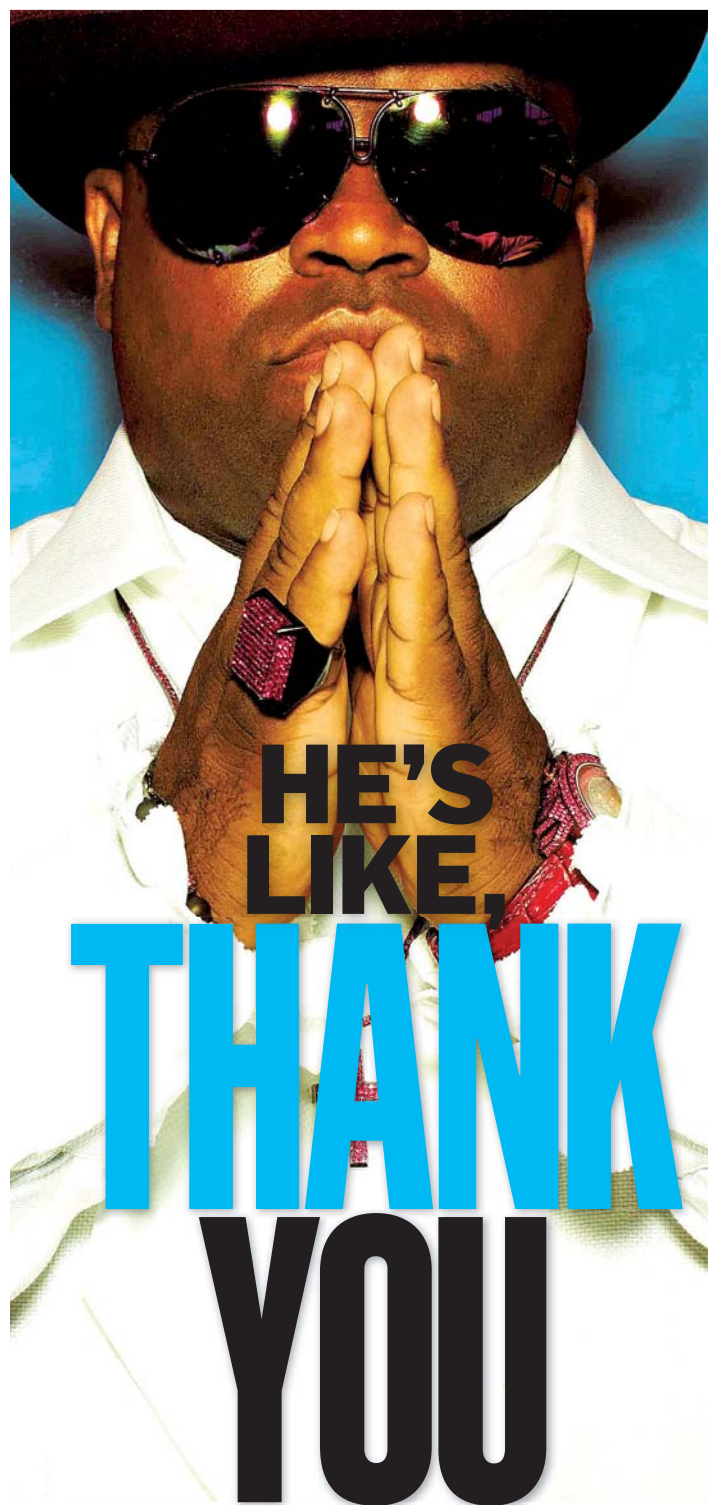
### Album Review

If Cee Lo Green were a comic book superhero, the music video for "F\*\*\* You" would be his origin story. In the clip, a suit-clad Green winces as his past failures with women flash before his eyes: An adolescent Cee Lo gets ditched for a little boy with a shinier toy car, while a college-aged version has ketchup-covered french fries spilled on his plaid suit.

"These are the humble beginnings of a lady killer," says Green, 35. "Bruce Wayne's parents were killed and Peter Parker was bit by a radioactive spider. I just got my heart broken one too many times."

"The Lady Killer," the ultra-cool persona that emerges from the romantic wreckage in the video, is the latest alter ego in a career of many distinct characters and sounds. Green's soul-drenched new album, "The Lady Killer," is a far cry from the Southern hip-hop of Goodie Mob that launched Green's career in the mid-'90s, or the off-kilter pop of Gnarls Barkley that topped the charts in 2006.

While Green's first two solo efforts failed to garner much mainstream attention, "The Lady Killer" matches his rafter-reaching voice with big-band instrumentation and a new label — Elektra Records — that knows how to market it. "Before we signed him, he had already demonstrated the direction of the album as this wild, futuristic soul sound," says Elektra president Mike Caren. Co-president John Jan-



**11/9/10**

The release date for Cee-Lo Green's "The Lady Killer." Elektra co-president John Janick says that the first single's "moving really quickly" was a large factor in the decision to push forward the album's release. Green has no problem with bumping up his promotional run: "I haven't seen an album need to be pushed up in a long time," he says, "so, yeah, I'm cool with that." (BILLBOARD.COM)

ick adds, "There was nothing else like [his sound], and it spans over all different types of audiences."

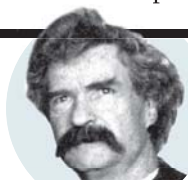
Although first single "F\*\*\* You" is Green's ode to having "not won them all," the song's Motown vibe and viral campaign won over audiences more quickly than Elektra anticipated. With more than 300,000 U.S. downloads and its promotional "lyric" video earning more than 6.6 million YouTube views since August, the song's popularity helped accomplish the rare feat of pushing up the release date of Green's new full-length album from Dec. 7 to Nov. 9.

"It's pleasantly surprising," Green says.

Janick says that "F\*\*\* You" was always the choice for the first single. Amid the 16 f-words and the Smeezingtons' crisp production lies a scornful kiss-off to a materialistic girl — a concept that Green says wouldn't work if he had taken himself too seriously.

"The silver lining is the sense of humor," Green says. "Ultimately, the song is about acceptance and being able to smile in the face of that adversity." JASON LIPSHUTZ

(BILLBOARD.COM)



**Sleeper Hit:** Preorders for the first of three planned volumes of Mark Twain's autobiography, released in full upon the centennial of his death, have recently placed the book in the top five of Barnesandnoble.com's and Amazon.com's best-seller lists. "The Autobiography of Mark Twain, Vol. 1" comes out Nov. 15. Excerpts have appeared over the past few decades, but Twain's opinions on current affairs were left out for 100 years, at his request. (AP)





**1 The Extra Band**  
When we heard John Darnielle (of the Mountain Goats) had a side-project band, we had two reactions. First: awesome. Darnielle is one of the best rock lyricists working. Second: Why? The Mountain Goats basically consist of John Darnielle; it's not like the rest of the band is holding him back. But he and Franklin Bruno have been noodling around with the Extra Lens for more than a decade. They'll be playing at the Rock and Roll Hotel this week, backed up by John Vanderslice. **Rock and Roll Hotel, 1353 H St. NE; 8 p.m., \$15; 202-388-7625.**

**2 Cello Lover**  
Rasputina's concept could easily get tired. Alt-cello sounds like something out of an Onion article, but this neo-burlesque act keeps things very interesting. They're just the guests for the Gary Numan show. We wouldn't have expected a pairing of the girl-cello trio and the been-around-forever electronic music pioneer, but steampunk tastes good with everything, right? **Black Cat, 1811 14th St. NW; 8 p.m., \$20; 202-667-4490, Blackcatdc.com. (U St.-Cardozo)**

**3 Tipsy Toe Shoes**  
The Washington Ballet is once again hosting its fabled ballet-rehearsal-plus-beer-and-snacks evenings. The ballet is "Romeo and Juliet"; the beer and snacks remain beer and snacks. This is sort of the mass-marketed date movie of classy Washington, one of those previews that promises to have dress montages for the women and fart jokes for the men. We hope everyone understands that both genders can enjoy ballet and beer equally. **Washington Ballet Studio, 3515 Wisconsin Ave. NW; 6:30 p.m., \$25; 202-362-3606.**



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# TV tonight **lookout**

## Best Bets

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8:00

**Undercovers** What starts out sounding like a simple mission for Samantha (Gugu Mbatha-Raw, right) and Steven becomes decidedly more complicated when the North Korean physicist they must locate refuses to come to the U.S. without his daughter.



ABC  
8:00

**The Middle** Frankie persuades the family to host a Japanese exchange student (guest star Matthew Moy) to expose him to life in an average American family, but the Hecks get frustrated when the student shows no interest in them. Neil Flynn also stars.

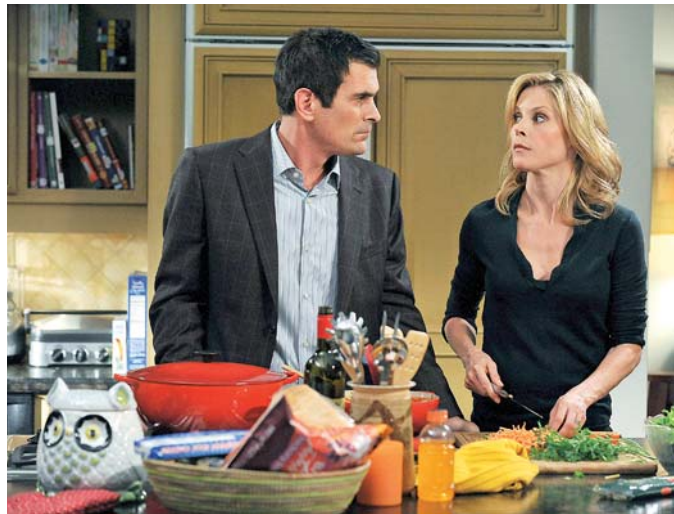
G4  
8:30

**That's Tough** Put enough guys in a room and someone is certain to compile a list. In that spirit, this new series sets out to list three of the "toughest" things in every episode. What's the hardest mountain to climb? What's the "toughest" prison on earth?

ABC  
8:30



**Better With You** Ben is fed up with getting frivolous e-mails from Vicky at work. Casey (Jake Lacy, far left) is reluctant to get romantic with Mia (JoAnna Garcia) because he fears it will harm their unborn baby. (TRIBUNE MEDIA/UNITED FEATURE SYNDICATE)



ERIC MCCANDLESS/ABC

## Ready, Set, Go Log Out

MODERN FAMILY

ABC  
9:00

In what would probably be a difficult test for any modern family, Claire and Phil challenge the clan to see who can stay "unplugged" and keep away from electronic devices the longest on a new episode of "Modern Family." Meanwhile, Mitchell and Cameron stress over Lily's preschool education, and Jay and Manny worry about how far Gloria will go to silence the barking pup next door. (EXPRESS)

## Sugar Rush



## Exactly Like A Newspaper!

The remaining (and highly emotional) chefs on Bravo's "Top Chefs: Just Desserts" (10 p.m.) competition are challenged to create black-and-white desserts for a special anniversary party at the Los Angeles Times in the aptly named new episode "Black and White." Here at Express, we're really great at judging desserts, too. Of all colors. We just wanted to put that out there. (TM/EXPRESS)

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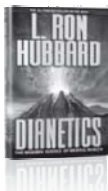
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- Oct. 30: **Ofrenda at the Torpedo Factory Art Center**



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## lookout travel

# Boston's Bounty

Discover big history and decadent vittles at Fort Point Channel

### Excursions

Fort Point Channel was once nothing but swampland and tidal marsh. In the 19th century, it became an industrial center, warehousing wool from around New England.

Today the 55-acre landmark district abutting South Boston has reinvented itself as an artists' colony, complete with lofts, studios, galleries and museums. Many of them are located in the distinctive red-and-yellow brick-and-granite buildings that once housed factories.

The revitalization of Fort Point Channel, located near South Station, has brought trendy restaurants, bars and tourists, making the neighborhood a new destination with a long history that even includes a connection to the Tea Party — the original one, that is, from 1773.

Fort Point Channel's transition from industrial to up-and-coming has taken place over the past three decades. About 300 artists live in the area now, one of the highest



A family feeds pigeons on the Fort Point Channel harbor walk across the Boston Harbor.

### Where to Stop

Fort Point Channel provides many relaxing havens perfect to explore during a weekend getaway:

- **Fort Point Channel:** Maps, calendar and other information available at [Friendsoffortpointchannel.org](http://Friendsoffortpointchannel.org) or [Fortpointarts.org](http://Fortpointarts.org).
- **Institute of Contemporary Art:** 100 Northern Ave., [Icaboston.org](http://Icaboston.org) or 617-478-3100. Adults, \$15; free for kids age 17 and under.
- **Drink:** 348 Congress St., [Drinkfortpoint.com](http://Drinkfortpoint.com) or 617-695-1806.
- **Menton:** 354 Congress St., [Mentonboston.com](http://Mentonboston.com) (standard prix fixe dinner menu, \$95).

concentrations in New England, said Gabrielle Schaffner of Fort Point Arts Community, a nonprofit group run by members of the neighborhood creative community.

In addition to being an attractive destination for art enthusiasts, the area lures families, shoppers, diners, history buffs and others seeking alternatives to the cobbled alleys of Beacon Hill, the Freedom Trail and Faneuil Hall.

Fort Point Channel's culinary scene is booming, too. Notable spots include upscale Menton, where the standard prix fixe dinner menu is \$95; and Drink, a laid-back bar known for creative cocktails. **RODRIQUE NGOWI (AP)**

### Real Deals

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From Budget Travel Magazine FIND MORE DEALS & TRIP-PLANNING TIPS ONLINE AT [BUDGETTRAVELONLINE.COM](http://BUDGETTRAVELONLINE.COM)

**\$16.7B** The amount of money that U.S. airline passengers lose over flight delays, according to researchers who delivered a report to the Federal Aviation Administration. The amount comes from passengers who lose time waiting for their planes to leave and then spend money scrounging for food and sleeping in hotel rooms while they're stranded, among other costs. **(THE WASHINGTON POST)**



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There's a

**ZAP**  
for That

A microwave isn't just for HotPocket heating; it can also fix good meals in a flash

### Cooking Techniques

Another holiday season approaches, and with it, the promise of shiny new kitchen gadgets for giving and getting (iceless wine chiller, anybody?). But perhaps the most useful appliance is already sitting on your counter top.

Unassuming and untrendy, microwave ovens see minimal cooking action. Sure, you'll use it to reheat leftover pizza, but an entire meal? Probably not, unless it's a "TV dinner" that went straight from the grocery store freezer into yours. But a new wave of cooks are rediscovering the ubiquitous little heating boxes, using them to make everything from kebabs to cakes — some in little more than the time it takes to read this article.

"The microwave is a fantastic machine for cooking from scratch," says Carol Bowen, author of "Magic of the Microwave" (\$18, Southwater). "One of the misconceptions of the microwave is that unless you've got something with a browning element, you can't get a fantastic baked dish. That's not true."

The no-baking myth isn't the

### Inspect Our Gadgets

#### Short-Order Cooking Supplies

Stuck with your mom's hand-me-down microwave from the '80s? It might be time for an update, since modern models' wattage is much higher and reduces cooking time. Picking out the right microwave isn't hard — any 'wave made after the mid- to late-'90s will work fine, says cookbook author Beth Hensperger. As for which dishes and bowls to use, Hensperger likes Pyrex dishes and products made specifically for use in the microwave, such as Micromac sets (Micromac-cookware.com) made from a very hard plastic.



only reason for the 'wave's bad rap. Beth Hensperger, author of "Not Your Mother's Microwave Cookbook" (\$15, Harvard Common Press), writes that since their invention in 1945, microwaves have been incorrectly thought of as "nuking" foods. High-frequen-

### Warm Autumn Compote

#### Ingredients

- ▶ 6 tbsp caster sugar
- ▶ 1 bottle red wine
- ▶ 1 vanilla pod, split
- ▶ Thinly pared strip of lemon rind
- ▶ 4 pears
- ▶ 2 purple figs, quartered
- ▶ 8 ounces raspberries
- ▶ Lemon juice, to taste

#### Serves 4

Put the sugar and wine in a large microwavable bowl. Stir in the vanilla pod and lemon rind. Microwave on high for four to six minutes, stirring three times.

Peel and halve the pears, then scoop out the cores using a melon baller. Add the pears to the syrup and mix. Cover loosely and microwave on high for five to six minutes, turning over two or three times during cooking so fruits color evenly.

Add the figs and microwave on high for two minutes, until tender.

Transfer the poached pears and figs to a serving bowl using a slotted spoon, then sprinkle over the raspberries.

Microwave the poaching liquid uncovered on high for five to seven minutes to reduce slightly and concentrate the flavor. Add lemon juice to taste. Strain the syrup over the fruits and serve warm.

(COURTESY OF CAROL BOWEN, "MAGIC OF THE MICROWAVE," SOUTHWATER)



cy "microwaves" released by tubes inside the oven agitate molecules in food, forcing the cooking process to begin from the outside. There's no danger in eating anything from the microwave, because the ovens don't leave radio waves inside food they cook.

More people might also start popping open their microwaves once they discover their range of uses. Hensperger, who wasn't a big believer in the box until she began writing her book, made many happy discoveries while testing recipes. Microwaved fish

"blew my mind," she says. Her recipe for salmon with crème fraîche and dill is prepared by wrapping the fish in a pouch of parchment paper, which keeps it moist. "Once you've tried fish from the microwave," Bowen adds, "you don't want to go back to a dry-heat method." Microwaves also turn out succulent steamed vegetables. Buttons for time and heat help users "be specific about not over-cooking," Bowen says.

Lucinda Scala Quinn, host of Hallmark Channel's "Mad Hungry" (11 a.m., weekdays), relies on her 'wave for prepping parts of recipes, such as melting chocolate for baking. Kati Neville, the co-author of "Fix Freeze Feast" (\$15, Storey), uses hers to cook seasonal side dishes such as squash.

The microwave isn't the answer to all cooking conundrums, though. Hensperger cautions against cooking most meats in the microwave. Bowen says she "wouldn't dream of" making jacket potatoes in the microwave, because they won't get a crisp and crunchy skin.

"You can't just take a standard, ordinary recipe and expect it to work in the microwave," Bowen says. But with a few tweaks, you might find yourself with something new and delicious for dinner — and a whole lot of extra time.

KATIE ABERBACH (EXPRESS)



lookout online

Poll Center

Today's Question

SHOULD THE NFL SUSPEND PLAYERS FOR VIOLENT HELMET-TO-HELMET HITS?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 98999

Tuesday's Results

DO YOU THINK MOST FEDERAL GOVERNMENT WORKERS ARE OVERPAID?



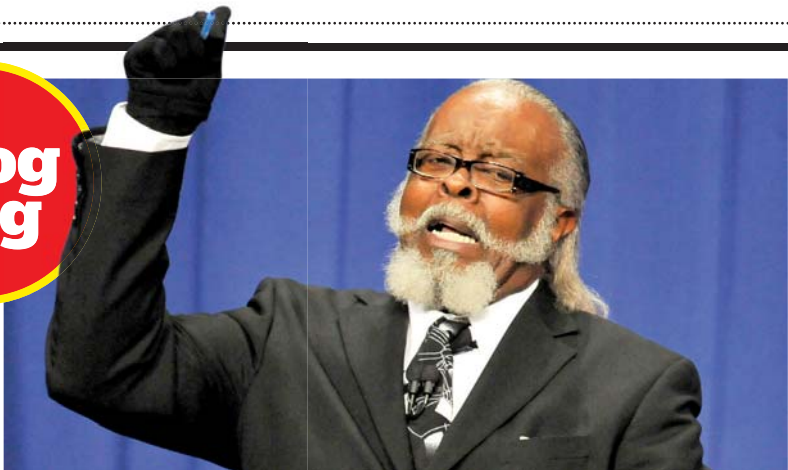
"Being overpaid is not the issue. For the stress and demand they endure, they are paid appropriately. The issue is too much job security once you get over that incredibly high entry barrier."

COMMENTER BRETT

"If you think the government is overpaid across the board, then apply for a federal job. If not, then quit complaining. I think segments of the federal government are overpaid, just like segments of the private sector."

AN ANONYMOUS COMMENTER

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"Desperate times call for desperate measures, and established brands like Starbucks are not immune to change. But when the change is not for the better, some marketing strategies and choices can only raise questions."

— PAMIL-VISIONS.NET REACTS TO NEWS THAT ONE OF THE COMPANY'S SEATTLE-AREA STORES WILL SELL BEER AND WINE IN AN EFFORT TO ATTRACT A LARGER AFTERNOON CROWD.

"I'm a fan of quirky candidates no matter what their party affiliation — and Jimmy McMillan certainly has earned a spot on that mantel. ... Every election year these kind of guys seem a little less crazy, don't they?"

— DOUGPOWERS.COM WAS HIGHLY AMUSED BY MCMILLAN, WHO REPRESENTED "THE RENT IS TOO DAMN HIGH" PARTY AT TUESDAY'S NEW YORK GUBERNATORIAL DEBATE.

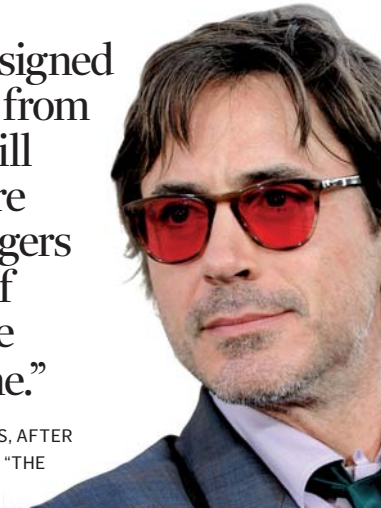


"I don't want to say these photos entirely reek of desperation, but I am willing to say Jordan Bratman clearly has magic powers that make Christina [Aguilera] appear hotter than she really is while in his presence."

— THESUPERFICIAL.COM THOUGHT THE NEW PICTURES OF AGUILERA — WHO APPEARED AT THE OPENING OF THE MARRIOTT'S NEW WAIKIKI EDITION HOTEL — WEREN'T EXACTLY FLATTERING.

"I guess Robert Downey Jr. has resigned himself to being a franchise actor from here on in. ... Presumably, there will be a 'Sherlock Holmes 3-D' in there somewhere too and then an 'Avengers 2-D,' so, essentially, the majority of Downey Jr.'s next five years will be playing just two characters. Shame."

— OBSESSEDWITHFILM.COM LAMENTS THE ACTOR'S ROLE CHOICES, AFTER LEARNING THAT DISNEY BOUGHT THE DISTRIBUTION RIGHTS TO BOTH "THE AVENGERS" AND "IRON MAN 3D" FROM PARAMOUNT PICTURES.



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before  
after



# puzzles lookout

## Horoscope

**LIBRA** (Sept. 23-Oct. 22) The expectations swirling around you may not have the punch that others expect, and you will be free to go about your private business.

**SCORPIO** (Oct. 23-Nov. 21) Don't earn a disparaging moniker as a result of your vacillation where a key personal issue is concerned.

**SAGITTARIUS** (Nov. 22-Dec. 21) You may not be able to avoid mistakes, but you can surely minimize their impact by thinking ahead and being prepared.

**CAPRICORN** (Dec. 22-Jan. 19) A trip down memory lane is incomplete without the benefit of some serious study of what was considered right and wrong.

**AQUARIUS** (Jan. 20-Feb. 18) You may be disappointed to learn that a project of yours is not getting the support you had hoped, but that's not the end of the line.

**PISCES** (Feb. 19-March 20) You will receive information that comes to you in a roundabout fashion, but it is accurate and up-to-date, nonetheless.

**ARIES** (March 21-April 19) Efficiency is the key, although how you relate to someone who doesn't leave the best first impression may rank a close second.

**TAURUS** (April 20-May 20) You may find yourself involved in a situation that demands more of a stiff upper lip than you are able to apply at this time.

**GEMINI** (May 21-June 20) You may feel as though you're in something of a slump — and, indeed, your record of accomplishment has shown signs of slowing.

**CANCER** (June 21-July 22) Be discreet, and do not let your reputation be damaged needlessly by sharing information that can only make trouble for others.

**LEO** (July 23-Aug. 22) Financial news has you wondering whether you've ever been on the right track — and the answer will be both a relief and a surprise.

**VIRGO** (Aug. 23-Sept. 22) Are you prepared for the kind of attention you're soon to get? Today, do what you can to surround yourself with things that comfort you.

## Scrabble Grams

PAR SCORE 205-215, BEST SCORE 278

A <sub>1</sub>	U <sub>1</sub>	B <sub>3</sub>	B <sub>3</sub>	H <sub>4</sub>	T <sub>1</sub>	T <sub>1</sub>


RACK 1

A <sub>1</sub>	E <sub>1</sub>	U <sub>1</sub>	D <sub>2</sub>	D <sub>2</sub>	F <sub>4</sub>	N <sub>1</sub>

Triple  
Word Score


RACK 2

A <sub>1</sub>	E <sub>1</sub>	E <sub>1</sub>	I <sub>1</sub>	D <sub>2</sub>	M <sub>3</sub>	L <sub>1</sub>

3rd Letter  
Triple


RACK 3

A <sub>1</sub>	A <sub>1</sub>	O <sub>1</sub>	Y <sub>4</sub>	L <sub>1</sub>	M <sub>3</sub>	N <sub>1</sub>


RACK 4

### Yesterday's Solution

P <sub>3</sub>	I <sub>1</sub>	L <sub>1</sub>	L <sub>1</sub>	O <sub>1</sub>	W <sub>4</sub>		RACK 1 =	11
S <sub>1</sub>	T <sub>1</sub>	A <sub>1</sub>	N <sub>1</sub>	D <sub>2</sub>	E <sub>1</sub>	E <sub>1</sub>	RACK 2 =	59
V <sub>4</sub>	A <sub>1</sub>	C <sub>3</sub>	U <sub>1</sub>	O <sub>1</sub>	U <sub>1</sub>	S <sub>1</sub>	RACK 3 =	62
C <sub>3</sub>	U <sub>1</sub>	I <sub>1</sub>	R <sub>1</sub>	A <sub>1</sub>	S <sub>1</sub>	S <sub>1</sub>	RACK 4 =	77
PAR SCORE 145-155								TOTAL
								209

### FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

## Sudoku

MEDIUM

			1			9		
		2	4		8			
8		3				5	7	
	7			9			4	6
			8		1			
9	8			4			3	
	5	7				2		8
			6		9	3		
		9			5			

### Yesterday's Solution

9	3	5	8	7	6	2	1	4
1	2	8	4	3	5	7	9	6
7	4	6	9	2	1	5	3	8
6	7	3	5	8	9	4	2	1
2	9	1	3	4	7	6	8	5
5	8	4	6	1	2	3	7	9
4	5	2	1	9	3	8	6	7
8	1	7	2	6	4	9	5	3
3	6	9	7	5	8	1	4	2

**Need more Sudolku?**  
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

## Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

### POOCH CAFE | PAUL GILLIGAN



### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Forecast

**64 | 46**

**Today:** A touch of rain today, mainly early. Turning out clear tonight.

**66 | 43**

**Tomorrow:** Breezy tomorrow with clouds and sun. Clear and moonlit tomorrow night.

### Looking Ahead

**FRI** **SAT** **SUN**  
**63 | 47 69 | 55 74 | 58**

### Sun and Moon

Sunrise today: 7:22 a.m.  
Sunset today: 6:23 p.m.  
Moonrise today: 4:55 p.m.  
Moonset today: 5:03 a.m.

### Almanac

Normal high: 67  
Record high: 88  
Normal low: 48  
Record low: 30

FORECAST BY ACCUWEATHER.COM ©2009



# [Announcing]

## The winners!

Discover the area's best in over a hundred categories as voted by our readers, in the **Best of Express** special section inside Express this Friday.

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**This FRIDAY**  
**October 22, 2010**  
**inside Express**

[expressnightout.com/bestof](http://expressnightout.com/bestof)

XX564 2x10.5

# lookout puzzles

## Crossword

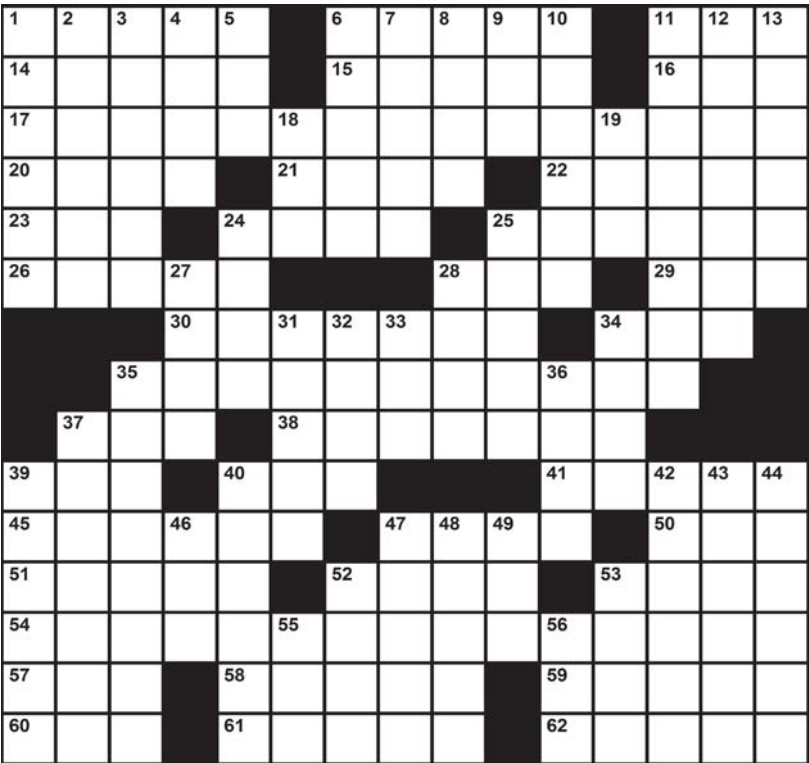
HAND COUNT

### ACROSS

- 1 Eighth Greek letter
- 6 Attention-getting sound
- 11 Audit expert
- 14 Underlings
- 15 Seasoned rice dish (var.)
- 16 Sue Grafton's "\_\_\_" for Ricochet
- 17 Painful thing to have for lunch
- 20 Make a deep impression
- 21 Grown-up elvers
- 22 LuPone or Page
- 23 \_\_\_ time (golf course slot)
- 24 Codlike fish
- 25 Faith, hope or charity
- 26 In an unconventional manner
- 28 Be caught by a polygraph
- 29 Commit a boo-boo
- 30 Love or hate, e.g.
- 34 Promising rock
- 35 They're used for rinsing in restaurants
- 37 The guy's
- 38 Attired
- 39 \_\_\_ X'er (Baby Boomer's child, perhaps)
- 40 The Caspian or the Caribbean
- 41 Gelatin mold used as a garnish
- 45 The Beaver State
- 47 Sultanate of Arabia
- 50 The Santa \_\_\_ winds
- 51 Star flower
- 52 Twirled like a top
- 53 Caterers' coffeepots
- 54 Display contempt for
- 57 After dark, poetically
- 58 Accustom to hardship
- 59 Made a dash for
- 60 It takes in the sights
- 61 Attire at fraternity blasts, sometimes
- 62 \_\_\_-dinner mint

### DOWN

- 1 Begin liking
- 2 Gave inklings
- 3 Brought forth
- 4 Computer repair pro
- 5 Be inquisitive
- 6 Sneak \_\_\_ (look surreptitiously)
- 7 Cotton fabric
- 8 "\_\_\_, poor Yorick" (Hamlet)
- 9 Bled in the laundry
- 10 Child's make-believe dessert
- 11 Animals, informally
- 12 Visualize
- 13 Having more volcanic fallout
- 18 Pasture
- 19 It's more than a mere battle
- 24 Choir song
- 25 Italian restaurant selections
- 27 Flowery necklaces
- 28 Arcing tennis shots



EDITED BY TIMOTHY E. PARKER

- 31 City near Salt Lake City
- 32 Prefix meaning "one trillion"
- 33 Angry feeling
- 34 Line discontinued by GM
- 35 Hone
- 36 Withdraw, as from a habit
- 37 Town known for chocolate
- 39 Pointed beard
- 40 Ice cream alternative
- 42 Mom or dad
- 43 Present from birth
- 44 Type of oil
- 46 Turquoise or topaz, e.g.
- 47 "Falstaff," for example
- 48 Nine goddesses of the arts

- 49 Raggedy doll
- 52 Like a proverbial bug in a rug
- 53 "Wild blue yonder" org.
- 55 Lennon's spouse
- 56 Man-mouse link

### Yesterday's Solution



## Today in History

**1944** During World War II, Gen. Douglas MacArthur steps ashore at Leyte in the Philippines, 21/2 years after saying, "I shall return."

**1973** In the so-called "Saturday Night Massacre," special Watergate prosecutor Archibald Cox is dismissed and Attorney General Elliot L. Richardson and Deputy Attorney General William B. Ruckelshaus resigns.

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EXPRESS STAFF: PUBLISHER—CHRISTOPHER MA | GENERAL MANAGER—ARNIE APPLEBAUM  
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VISOR—MATTHEW LIDDI | PHOTOGRAPHER—MARGE ELY | EDITORIAL ASSISTANT—RUDI GREENBERG



**GUILTY AS CHARGED!****Media Perpetuate Myth That Levi Is Interesting**

Levi Johnston says there are really no qualifications to hold the job that Sarah Palin once held — that of mayor of Wasilla, Alaska. On “The View” Monday, Johnston said the only real qualification is to live in the city limits for a year before the election. He believes he’s as qualified as any other candidate. Johnston said he has no platform, which drew groans from the round table. (AP)

**SEXY****Sanctimony: The Hot New Trend in Book-Selling**

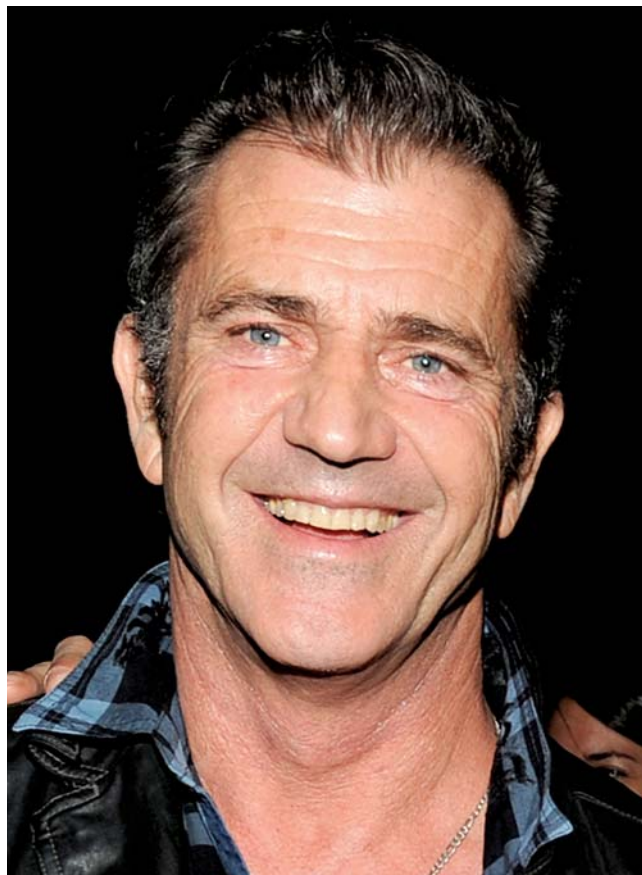
Shannen Doherty says she was a tame teen compared to Lindsay Lohan and her ilk. Doherty, who has a book out in November, told Parade magazine, “I never did a sex tape. I never didn’t wear panties and flash a camera. ... When I made a mistake, I would admit to it. These girls don’t seem to see their own mistakes, much less learn from them. (EXPRESS)



If you can’t be hotter-than-thou anymore, you can always be holier-than.

**Dirtbag Digest****Jon Confuses Twitter With A Multivolume Epistolary Novel**

Jon Gosselin continued to abuse Twitter Tuesday, using Twitter-longer.com to further rant about his life and the plight of his children — even though a court order forbids him from commenting publicly, Radaronline.com reported. “This is the best way I can reach people without publicly speaking,” a friend says Gosselin said. “I don’t feel Tweeting violates my legal agreement,” the source said Gosselin said. (EXPRESS)



KEVIN WINTER/GETTY IMAGES

**OBVIOUSLY  
This  
Seems  
Wrong**

Mel Gibson will make a cameo in “The Hangover 2” as a tattoo artist. The film is beginning production, with a release scheduled for May 2011. Warner Bros. declined to comment. Gibson might be hoping some comedy improves his tarnished reputation: An appearance in the first “Hangover” helped rehabilitate Mike Tyson’s image. The sequel follows the characters to Southeast Asia for a wedding. (AP)

**ADVICE****What We Say to This: IGNORANCE IS BLISS**

Justin Bieber’s mom, Pattie Mallette, is searching for a lawyer to represent her interests, according to Radaronline.com. Mallette believes, unnamed sources say, she’s been pushed out of her son’s career. She didn’t get a copy of his book before it was published, and she didn’t know he had launched a nail polish line. Bieber’s manager says there’s “no truth” to the rumors. (EXPRESS)

**“My mom always told me ... ‘Barbra Streisand didn’t get a nose job. You’re not getting a nose job.’ And I didn’t. [Expletive] those people.”**



— **LEA MICHELE** SAYS IN GQ’S NOVEMBER ISSUE THAT SHE WAS ONE OF THE ONLY GIRLS IN HER HIGH SCHOOL TO NOT GET A NOSE JOB. “LOVE WHO YOU ARE,” SHE NOTED.

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